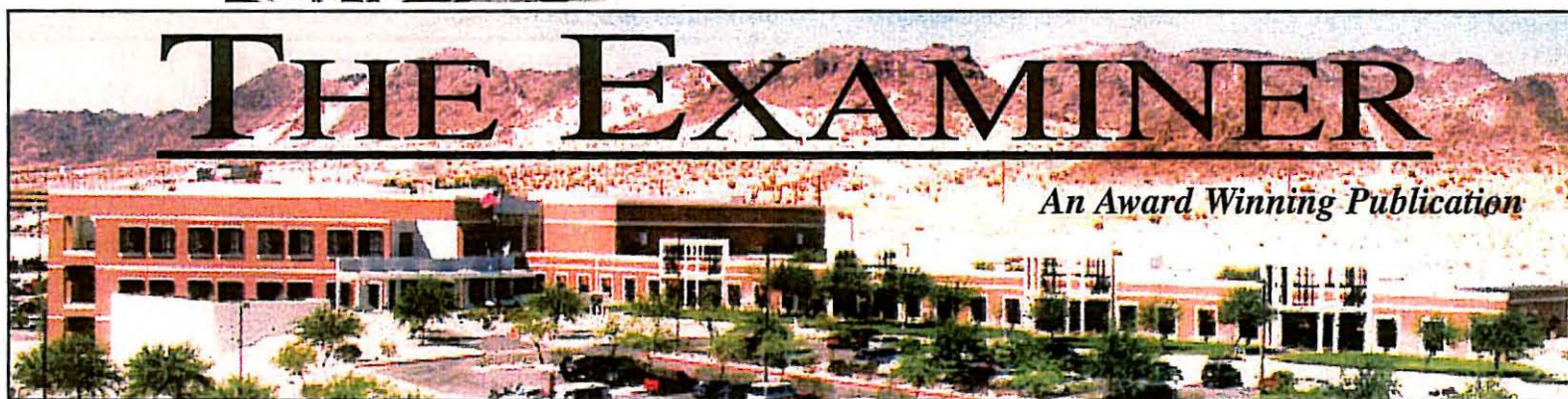


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Healthy Habits for Healthy Kids and a Healthier You

By Lt. Michael Mero, MS, RD
Head, Nutrition Management
Robert E. Bush Naval Hospital

Do you feel some days that you are running around like a chicken with your head cut off?

Do you feel that you do not even have time to eat, let alone sit and eat something healthy with your kids? Well, hold on...there is help for you!

In our fast-paced society, developing healthy eating and lifestyle habits may seem like an obstacle and an impossible feat; but it is easier than you think. With some small changes, thoughtful planning, and family support; you can develop healthy habits for healthy kids and a healthier you.

Here are some healthy lifestyle tips that are easily attainable for your entire family. At the end, there is a Healthy Habits Quiz you can take to identify areas where your family may want to

Continued on page 7

Champions...



2006 Commanding General's Cup Basketball Champions are from left to right, HM2 Christopher Demetrulias, CS2 Joe Lee, HN Carlos Carmichael, HM2 David Toston, Lt. Cmdr. Joseph Strauss, Lt. James Redmond, HM2 Dempsey Tomblin, Lt.j.g. Neil Cascardo, CS1 Clifton Logan, HM2 Joven Pimentel, and HM1 Juan Johnson. Team members not shown are Lt. James Schoeb, HN James Robertson, HN Mason Bennett, CSSR Michael Matysuk, CSSA Doyle Shines, CS2 Erik King, CS2 Victor Murphy, Lt.j.g. Frederick Matheu, and Nathan Lee.

Inside...

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National Youth Violence Prevention Week

Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

Most people, without even thinking about it, can readily picture in their mind the face of the kid who bullied them as a child. I will bet that you just did that as you read the last sentence. You may forget their names over time, but you will certainly remember their face for most of your life. Youth violence is an important public health problem that results in tragic deaths and injuries every day in the U.S. as well as emotional scars that can last a lifetime.

The following statistics provide an overview of youth violence in the United States. Since 1992, there have been 250 violent deaths in schools that involved multiple victims. In virtually every school shooting, bullying has been a factor. Overall, in 2003, 5,570 young people ages 10 to 24 were murdered; an average of 15 each day. Of these victims, 82 percent were killed with firearms.

Violence among American youth is more than just school bullying. It also involves sibling violence, child abuse, dating violence and sexual assault, drug use culture, fighting, robbery, and gang violence. Youth violence also includes the perception of violence that may occur. What does that mean? It means that I think you are going to hurt me, even though you only want to scare or intimidate me. This is also considered violence because you have created a perception of violence that will occur to me if I am around you.

The CDC also states that "in 2004, more than 750,000 young people ages 10 to 24 were treat-

ed in emergency departments for injuries sustained due to violence." Overall, 33 percent of high school students reported being in a physical fight one or more times in the last year and 17 percent (nearly 1 in 5) reported carrying a weapon such as a gun, knife, or club. Finally, nearly 1/3 of all junior high school kids report that they either are bullies or are victims of bullies.

Not only does youth violence lead to death and injury, but the financial costs of youth violence are mind boggling as well. In 2000 in the US, over 158 billion dollars were lost due to youth violence in increased medical costs, lost wages, etc. California's share of this huge cost was well over 28 billion dollars alone.

Who is at risk of youth violence? Those at highest risk of being on the receiving end of violence are minority young men. Among 10 to 24 year olds, homicide is the leading cause of death for African Americans, the second leading cause of death for Hispanics, and the third leading cause of death for American Indians, Alaska Natives, and Asian/Pacific Islanders. Of the 5,570 homicides reported in 2003 among 10 to 24 year olds, 86 percent were males and 14 percent were females.

Violence crosses all economic and education levels. It is a myth that only poor families or families that don't have access to a good education engage in violence. Just because someone is well educated or wealthy, it doesn't mean they are immune to violence or immune to perpetrating violence against a youth.

How can you help prevent

youth violence? Here are some suggestions. Promote respect and tolerance among youth. In this culturally diverse society, there is no room for prejudice, bullying and disrespect. That goes for both youth on youth violence as well as across generations. Help your kids understand how other cultures and people live and that because someone is different, it doesn't make them a bad person. Also, teach by example. If they see you disrespecting other cultures or people, you have just taught them that it is acceptable to hate.

Help them to learn to manage their anger. If you can't help them, get them professional help before it is too late and they either become a victim to violence or they become a perpetrator of violence against others. Also, teach them that violence is never an acceptable way to vent their anger. This prevents violence by enabling young people to deal with conflict in a productive way. By teaching kids proper conflict resolution skills,

they will learn how to avoid potentially violent situations before they get out of control.

Support safety by teaching kids to inform adults about specific threats, avoiding risky behaviors such as playing with guns, and stranger safety. Kids rarely lie about being abused or bullied. If a child tells you that they have been abused or are being bullied, believe them and get them help. Remember when you first started reading this article that you saw your bully's face in your mind without even thinking about it? Do you want

your child to grow up wondering why you, as the adult, never helped them?

What Can Parents Do?

Contact the school's psychologist, counselor or social worker and ask for help around bullying or victimization concerns. Become involved in school programs to counteract bullying. Provide positive feedback to children for appropriate social behaviors and model interactions that do not include bullying or aggression.

Hail and Farewell

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Continued on page 8

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Protect Your Reproductive System

The Risks of Sexually Transmitted Diseases

By CDR Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

Did you know that your reproductive system is one of the most fragile systems of your body? It can easily get infected or injured, and if it does, you might have long-term health problems. April is Sexually Transmitted Disease Awareness Month, and becoming knowledgeable about STDs and taking simple steps to prevent getting or spreading these serious conditions will pay off both for yourself and for those you love.

Basic Facts about STDs:

* STDs refer to a variety of bacterial, viral and parasitic infections that you can get by having vaginal, anal, or oral sex with someone who already has an STD.

* STDs are caused by more than 25 infectious organisms. As more organisms are identified, the number of STDs continues to expand. Common STDs include: chlamydia, gonorrhea, hepatitis B, herpes, HIV, HPV (human papillomavirus), syphilis and trichomoniasis.

* Approximately 18.9 million new cases of STDs (excluding

HIV) occur each year in the U.S. More than half of all people will be infected with an STD at some point in their lifetime.

* STDs are more easily passed from men to women than vice versa, which results in higher female rates of infection. Many STDs affecting women show no early signs or symptoms. As a result, they go undetected and untreated until complications arise.

* The consequences of untreated STDs are often more serious in women, including: infertility, tubal pregnancy, chronic pelvic pain, cervical cancer and pelvic inflammatory disease. Young women are particularly vulnerable to STDs such as chlamydia and gonorrhea because of changes in the cervix due to puberty.

* Pregnant women with STDs are at greater risk of miscarriage and premature delivery. In some cases, they can also transmit the infection to their babies.

* Sexually active youth have the highest STD rates of any age group in the US. Each year 9 million new cases of STDs occur among young people age 15-24. By age 25, one-half of all

sexually active young people get an STD. Young people are at greatest risk because they are more likely to have unprotected sex and more than one sex partner.

* African Americans and Hispanics have disproportionately high poverty rates, making them less likely to have the necessary health insurance and access to medical care that can prevent and treat STDs.

* Bacterial STDs, such as gonorrhea and chlamydia can be cured. Early treatment reduces their spread, as well as prevents serious medical conditions.

* Viral STDs, such as herpes, hepatitis B and HIV can be effectively treated. However, at present there is no cure for viral STDs.

* The direct medical costs of treating STDs are over \$8.4 billion a year. The indirect costs are much higher, including lost wages and productivity, as well as human costs such as anxiety, shame, anger, depression, and physical pain.

How do you get an STD?

You can get STDs if infected semen or vaginal fluids contact your vagina or the tip of the penis. Condoms do not always protect you from STDs. For genital herpes, syphilis, and

human papillomavirus (HPV or genital warts), skin-to-skin contact with sores or infected skin that looks normal can be all it takes to get the disease. Even if you use a condom, you can get these conditions through contact with infected genital areas that are not covered by a condom. Condoms do work to help protect you against HIV and some other STDs, such as gonorrhea and chlamydia.

Symptoms of STDs

Here are some of the most common STDs and their symptoms. It can take some time between getting infected and having symptoms, depending on the STD. Sometimes you can get infected but not show symptoms. Even if you have no symptoms, you can still pass the disease on to another person if you have been infected. Seek medical help right away if you think you have an STD, or if someone you have been with has an STD.

* Chlamydia: Most people

have no symptoms. Women with symptoms may have abnormal vaginal discharge or burning when urinating. Infections that are not treated can lead to lower abdominal pain, fever, pain during sex, or bleeding between periods.

* Genital Herpes: Most people who have herpes are not aware that they have it. But if you are having an "outbreak", the symptoms are very painful small red bumps, blisters, or open sores on the penis, vagina, or genital areas; itching, burning or swollen glands in genital area; pain when urinating.

* Gonorrhea: Symptoms are often mild, but most women have no symptoms. Even when women have symptoms, they can sometimes be mistaken for a bladder or other vaginal infection. Symptoms are pain or burning when urinating; yellowish and sometimes bloody vaginal discharge; or bleeding between menstrual periods.

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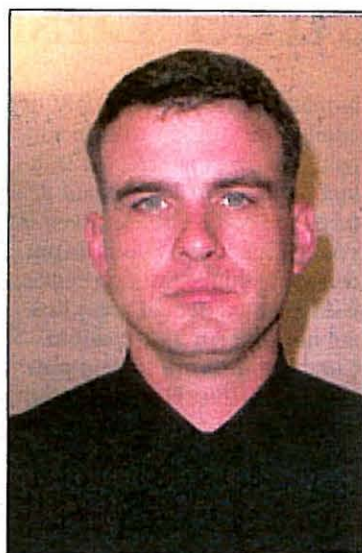
Super Stars and Hard Chargers...



Cmdr. Kathleen Hewitt, OB/GYN Clinic, takes the oath at her recent promotion ceremony.



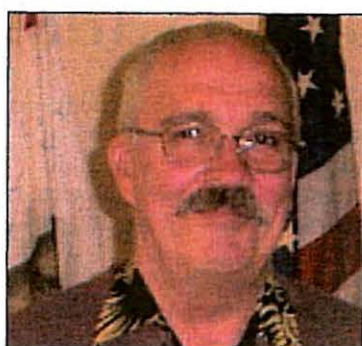
HM3 Alvaro Benitez, Patient Administration, receives a Commanding General's Certificate of Commendation.



HM2 Joseph McKeel, Bio-Med Repair, receives an Individual Safety Award.



HM3 Kelly Franklin, Military Sick Call, receives a Navy and Marine Corps Achievement Medal.



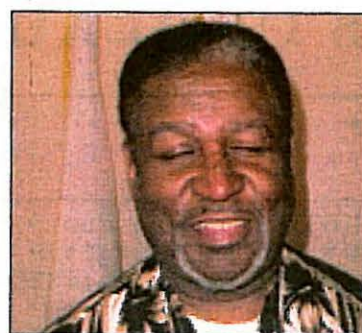
Dan Barber, Public Affairs Officer, receives, on behalf of the command, the Admiral Thompson Award for Excellence in Public Affairs.



HM2 Ruby Roberts, Bio-Med Repair, receives a Commanding General's Certificate of Commendation.



Lt. Ayessa Fusilero, Head, Education and Training, receives a Navy and Marine Corps Achievement Medal.



Jackie Bowie, Supervisor, Housekeeping Department, receives the Supervisor's Safety Award.



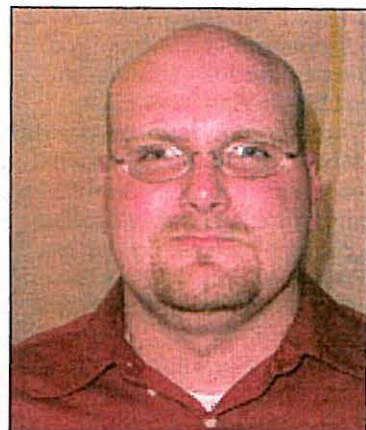
HM1 Juan Johnson, Manpower Department, reenlists for a period of three years.



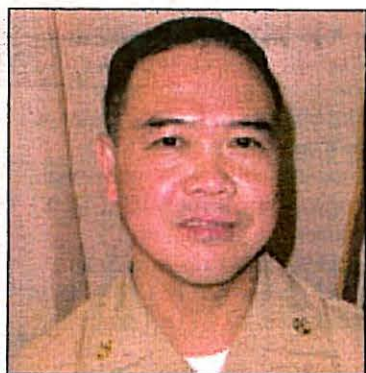
Lt.j.g. Frederick Matheu, Laboratory Department, receives, on behalf the the Lab, the Department of the Navy Safety Award.



Lt. Andrew Romelhardt, Pharmacy, receives a 3-6-9 Certificate.



Stephen Williamson, Optometry Department, receives an Individual Safety Award.



CSC Ernesto Borja, Nutrition Management, receives a 3-6-9 Certificate.

Continued on page 8

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Focusing on TRICARE's Eye and Vision Benefits

By Mark Jecker
TriWest Healthcare Alliance

No matter how well service members test on the annual eye exam, it's easy to be a little unclear about vision care, and reading every policy governing TRICARE's eye and vision benefits can make a person cross-eyed.

But here's a looking glass into the policies that won't leave

anyone red-eyed.

--Just the facts, ma'am' Focus on key facts about TRICARE's eye and vision coverage:

* TRICARE Standard, Extra and Prime active duty family members are eligible for one routine eye exam per year.

* Prescription eyeglasses or contact lenses are not a covered TRICARE benefit, except under very limited circumstances, such as corneal lens removal or treatment of infantile glaucoma.

* All Prime enrollees are eligi-

ble for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment. Note: Eye examinations must be performed by a TRICARE network optometrist or ophthalmologist to be covered. No referral is needed when seeking care from a TRICARE network provider.

* Eye health of children up to age 6 is evaluated by their health care practitioners as part of the well-child benefit. The provider performs periodic eye

and vision screenings for the child. (Newborn screening is covered under the mother's maternity benefit.)

* Children between ages 3 and 6 are covered for two comprehensive eye examinations, which include screening for two common childhood disorders: amblyopia and strabismus (commonly referred to as "lazy eye").

* All TRICARE-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a TRICARE-covered illness or injury. All beneficiaries also are covered for screens

for any pathology, including refractive error. Standard or Extra beneficiaries are responsible for the appropriate cost-share and deductible for these services. Those using TRICARE Prime require a referral for medically necessary eye examinations.

* Retired service members and their families have no routine eye benefits under TRICARE Standard or Extra.

* Diabetic TRICARE beneficiaries of any age are encouraged to have an eye exam every year and are allowed an annual comprehensive eye examination.

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It's A Thin Line Between Friendships

By A Sailor Following Captain's Mast

Living outside of your circle can cause a devastating effect.

When someone moves into uncharted territory and receives a culture shock, it opens your eyes

to the fact that everyone that smiles your way isn't your friend.

I've been in situations before in my life, and the way it looks is that I'm the crab in the post with all the rest. Every time I make my way to the top someone, or something always pulls me back down, could it be me? Not making the line that justifies friendship thicker? My choices could have been more mature. I have to admit, maybe that has something to do with my poor decision making.

By not thinking and acting on adrenaline instincts, it put my family future at stake. Like the Bible says, this to shall pass and all things that are good will come to light. So we live and we learn to make positive out of negative conflicts to promote healthy change.

Associates, acquaintances, partners, friends can all be mirrors and smoke screens. The question is how does one find the right person or crowd if you don't test the water. But by testing the waters you, learn who to let go and hopefully who to keep close.

I have learned that it is a thin line between friendship,

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Mobile Phone Security & Bluetooth Technology

By Tim Smith, IT Specialist,
Robert E. Bush Naval Hospital

Hundreds of mobile phones are stolen in the United States everyday. Have you ever wondered why the phone companies don't seem at all interested in trying to prevent the thefts from occurring? If you have lost or had one stolen you still have to pay your monthly charges for the duration left on your plan. Some plans have contracts up to 24 months or you can terminate the plan early for a 'small' fee to your mobile provider. Now, you have to buy another handset, probably enter into a 'new' contract and pay the provider the disconnection fee and then the activation fee for your new phone. That's why they don't tell you, they'll lose revenue. Here is something proactive you can do if you have a mobile

phone.

Every phone comes with a unique serial number code called the International Mobile Equipment Identity (IMEI). The IMEI can be displayed on most phones by keying in the code star-hash-zero-six-hash (* # 0 6 #) or by looking in your phone battery compartment area.

Following the code entry, a fifteen digit code will appear on the screen of most phones. This code is unique to every handset. Write it down and keep it in a safe place. Don't store it in a message in your phone! Should your mobile phone get lost or stolen, you can phone your mobile service provider and give them this code. They will then be able to block your handset, so even if the thief changes the SIM card inside, your phone will be totally useless to them and probably end up on eBay soon for auction.

You probably won't get your phone back, but at least you

know that whoever stole it can't use it. If everybody did this, there would be no point in stealing mobile phones, right?

Most modern phones come with a technology called Bluetooth. Bluetooth wireless technology provides an easy way for a wide range of devices to communicate with each other and connect to the Internet without the need for wires, cables and connectors.

A variety of products available on the market have short range Bluetooth radios installed. These devices include printers, laptops, keyboards, cars and the most popular type of Bluetooth enabled devices - mobile phones, which drives 60 percent of the Bluetooth market.

The idea of Bluetooth technology was born in 1994 by Ericsson Mobile Communications. Later in 1998, an industry association was founded which consisted of the following major corporations; Ericsson, IBM, Intel, Nokia and Toshiba. Later in December 1999, 3Com Corporation, Lucent Technologies, Microsoft Corporation and Motorola Inc. joined the Bluetooth Special Interest Group (SIG). After years of development, the final Bluetooth technology uses the free and globally available

2.4GHz radio band. Bluetooth technology is intended to be secure by providing authentication, encryption, quality of service (QoS) control and other security features. However, it has been shown that Bluetooth technology is vulnerable in a number of ways, opening the door for many malicious attacks now and in the future.

The most common uses of Bluetooth technology are;

* Using a wireless headset to answer your phone that is in your bag

* Connecting printers, keyboards and mice to a PC without the need for wires

* Syncing your calendar, address book and other files with your PC

* Transferring ring tones, files, music and pictures from mobile to mobile.

Bluetooth is constantly being examined by industry leaders to provide for updates to the technology, added security, faster speed, made more cost effective and providing additional features.

But, this awesome technology and convenience does come with a price. It can be socially engineered using trickery on the victim or the term more often used and understood- Hacked! Which means, your private data

and possibly the private data your friends and family entrusted you with, could be shared on the Internet.

Here's something you can do to be more secure with Bluetooth technology - Turn it off. I know that sounds very simple but, the majority of Bluetooth users leave the darn thing on all the time. They're just waiting to be hacked aren't they? Unemployed hackers want to meet them.

You can also turn off the Bluetooth discovery mode. When the discovery mode is turned off, your device is not listed in the Bluetooth scan unless you previously gave the address of your device to someone.

When the discovery mode is on, it is visible to other devices. It is super-easy for anyone to connect to your device and, in lieu of a strong pass-phrase, download your personal data and the data of all the contacts in your little black book, all without your knowledge.

You must realize this scale of vulnerability. Just imagine what would happen if someone hacks your mobile phone and, using your phone, sends an SMS message with a bomb threat to the local police station. The billing records from your mobile phone provider would certainly point directly to you as the phone owner and the real sender of the SMS message. It would be nearly impossible to identify the real sender, since mobile phones usually do not keep logs of the Bluetooth activity. This is what is known as turning your mobile phone into a Bot (robot), just like hackers do with Personal Computers they infect. Remember, your device is the one doing the damage and you will be held responsible unless, "you can prove otherwise in a court of law." Imagine going to prison for a crime you did not commit.

Whatever you do, I do not recommend you give your private information to Paris Hilton or to her Sidekick-II. Her notebook, and her address book, which has had such high profile entries such as: Christina Aguilera, Devo Aoki, Fred Durst, Jermaine Dupri, Vicki Gotti, Stephen King, David

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Continued on page 8

Protect Your Reproductive System...

Continued from page 3

* **Human PapillomaVirus:** Most people with HPV or genital warts don't know they are infected because they may not have symptoms. After sexual contact with an infected person, genital warts may appear within weeks or months, or not at all. Women may get visible warts in the genital area, including the thighs. Warts can be raised or flat, alone or in groups, small or large, and sometimes they are cauliflower-shaped. They might also be hard to see and painless. The lesions may develop on the cervix and in the vagina. Men may get warts inside the penis, as well as on the outside of the penis and on the scrotum and rectum.

* **Syphilis:** Symptoms occur about 10 to 90 days after exposure (21 days is most common) when a single, painless sore appears, usually in the genital areas but may appear in the mouth. Sometimes there is more than one sore. Sores heal on their own. If the infection is not treated, it moves to the next stage with symptoms of a rash on the hands and feet that usually does not itch and clears on its own; swollen lymph glands, fever, muscle aches and tiredness.

* **Trichomoniasis:** Symptoms usually appear 5 to 28 days after exposure and include yellow, green or gray vaginal discharge (often foamy) with a strong, fishy odor; discomfort during sex and when urinating; irritation and itching of the genital area.

* **Hepatitis B, Hepatitis C, and HIV/AIDS:** Most people have no symptoms until long after exposure of these diseases. However, there are tests that can determine if you have been exposed.

Prevention and Treatment of STDs

The leading strategies to prevent STDs are abstinence and

consistent condom use. However, microbicides and vaccines, now being researched and tested, might also be able to prevent these diseases. Vaccines for herpes and HPV prevention are in clinical trials.

Talk with your care provider about getting tested for STDs, especially if you have more than one sex partner. Talk with your provider if you have not been using condoms all the time or have had condoms break or come off, even with oral or anal sex. Be seen right away if you have any symptoms. If you are pregnant, or think you might be, ask your provider about getting tested for these STDs. Not all care providers will routinely do them without your request, so be proactive and ask! Even if you have been tested in the past, get retested if you change partners, or when you get pregnant. Your provider will examine you and might take some tests that are, most often, quick, and not painful.

Remember, STDs are a threat to your health, especially if they are not treated. The best way to protect your body is to know your "ABCs."

"A" = abstinence. Not having sex, including vaginal, anal, or oral sex, is the safest way to avoid getting STDs, or getting pregnant.

"B" = be faithful. Being in a sexual relationship with only one partner who is free from an STD and is also faithful to you limits your number of sexual partners and the chance of an STD.

"C" = condoms. Condoms should be used for any type of sex with every partner. If your partner has (or might have) an STD, including HIV/AIDS, use a condom. Condoms are a good way to prevent HIV infection and infection by many STDs and are a good form of birth control as well.

Healthy Habits...

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make changes.

Tip #1: Get Your Entire Family Involved

It is a major part of everyone's life and often the most important factor in helping you and your children make healthy changes. Research shows children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first. That's why it is important to get every family member involved in healthy eating and physical activity.

Tip #2: Set Healthy, Realistic Goals

When you make changes step-by-step and set realistic goals, you are more likely to succeed in reaching them. It's best to set goals for healthy eating and physical activity that applies to the entire family. An easy way to stay on track is to develop a daily food and activity log. Each member of the family can write down everything they eat and how much time is spent on physical activity.

You will have more success if you decide on two or three specific, small changes in eating and physical activity at a time; and don't expect perfection. What's important is that you are making a healthy change. When your family has turned a healthy change into a healthy habit, reward yourself with a fun physical activity.

Tip #3: Make the Most of Family Mealtime

Eating meals together gives you a chance to help you and your children develop a healthy attitude toward food. It also enables you to serve as a healthy eating role model, ensure that your kids are eating nutritious foods, introduce your family to new foods, establish a regular meal schedule, and keep in touch with family members.

Plan menus one or two weeks at a time and prepare healthy meals that include foods that the entire family will eat instead of serving each individual a separate meal. This planning will make rushed mealtimes easier to prepare and will create a positive and supportive eating environment. Also, schedule meals at regular intervals to avoid excessive snacking, which should be limited to two to three per day; and offer healthy snacks instead of higher fat/sugar ones.

Most importantly, eat meals and snacks in the kitchen or dining room, and avoid eating in front of the computer or television. This is most important for children to learn that they have a designated area set aside for eating. That way, they do not get distracted by the television, toys, or chase after a sibling or a family pet.

Tip #4: Make Sure You and Your Children Eat a Balanced, Healthy Diet

Every individual, especially children, need appropriate amounts of calories, proteins, minerals, and vitamins to grow and stay healthy. The best way to ensure that you and your children get what they need is to provide a variety of nutritious foods that are low in fat and sugar. The new MyPyramid and MyPyramid for Kids developed by the USDA is a wonderful guide for following a healthy meal plan. To obtain a copy of the new MyPyramid, or to get more detailed information, visit the website at www.mypyramid.gov. There you will also find a link to MyPyramid for Kids.

Tip #5: Get Active!

As with healthy eating, kids are more likely to want to be active when other family members are active too. Find ways to build physical activity, step-by-step, into your family routine. Limit television, video games, or computer time to one to two hours a day, and encourage your children to play outside. If you plan regular, fun activities as a family and expose your kids to a variety of physical activities, they will more likely want to do it.

Hopefully these 5 Tips provided you with some information on ways to develop a healthier lifestyle. If you would like more information, you can visit the www.mypyramid.gov website. There you will find printable materials to make meal planning easier. If you would like more individualized information, please contact your PCM for a referral to see the Registered Dietitian.

In closing, please take a few minutes to take the Healthy Habits Quiz below to help identify areas for change:

Do You and Your Family.....	Yes	No	Sometimes
Have regularly schedules mealtimes at home?	___	___	___
Eat meals together at least once a day?	___	___	___
Plan snacks?	___	___	___
Tailor portion sizes to each person's needs?	___	___	___
Eat 3 meals every day?	___	___	___
Try to make mealtimes enjoyable?	___	___	___
Avoid making everyone eat everything on their plate?	___	___	___
Make meals last more than 15 minutes?	___	___	___
Eat only in designated areas of the house?	___	___	___
Avoid using food to punish or reward?	___	___	___
Enjoy physical activities 1-2 times a week?	___	___	___
'Yes' = 2 points			
'Sometimes' = 1 point			
'No' = 0 points			

If your total score is:

20-22 -- Your family is on the right track.

13-19 -- Your family is doing well, but could work on areas where you answered 'no/sometimes'.

12 or lower -- This article should be helpful to you to make changes, or you can get further information from the Registered Dietitian.

Don't Forget...

Tax Deadline is April 15th!

Welcome Home, Doctors, Nurses and Hospital Corpsman!

By Lt. Chris Niles and
the People Goal Team
Robert E. Bush Naval Hospital

Hospital staff wants to extend to you a great big welcome and say thank you for your service to our country.

The People Goal Team not only supports Robert E. Bush Naval Hospital Sailors while they are serving overseas, but we also show our great appreciation to returning staff members with our special Welcome Home rally. On Friday, March 31, several members of the hospital traveled to San Diego Naval Base for a welcome home event planned by several members of the hospital and Peoples Goal Team. We are grateful for having the

opportunity to extend our appreciation to these Sailors for all of their hard work, dedication, sacrifices, and courage while serving their country. Home is where the heart is! We're glad you are back!

Welcome home to our Sailors who have been serving in Iraq and Afghanistan. Hospital staff wants to extend to you a great big welcome and say thank you for your service to our country. We appreciate you and what you

have given up to perform this service for us. We continue to pray for you as you adjust to being back home.

Our People Goal Team is in the process of making a list of the names of Sailors who are due to deploy in Iraq or Afghanistan.

The rest of the year, we plan to do three different mailings and Care package drives to our Sailors overseas. A list of items that we plan to include in these

mailings is being prepared by the People Goal Team and from Staff members that just returned from Iraq. Later, the last of April, we will be sending a

Hail and Farewell...

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HA B. Eley
HR M. Coulston
HR C. Razon
HR J. Allard
HR B. Brock
HR P. Gould
HR R. Pace
HR J. Cain
HR J. Salomaa
HR G. Browning
HR J. Jurgensmier
HR J. Tontala
HR C. Booher
HR M. Denson

Spring Care package with the help of the MWR Committee, People Goal team and Command.

We still have several Sailors in Iraq who were deployed after the main group. We will make sure we have a celebration when everyone is home. Our Sailors will see the support of our community.

Farewell

Lieutenant J. Redmond
Lieutenant A. Fusilero
HM1 J. Johnson
HM2 C. Tafoya
HM3 J. Byrne
HM3 A. Benitez Jr.
HM3 J. Martinez-Delgado
HM3 C. Hancock
HM3 Rodriguez-Araujo
HM3 M. Thomas
HM3 M. Campbell
HN R. Thomas
HN S. Hendrix

Mobile Phone Security...

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Lachappelle, Avril Lavigne, Lindsay Lohan, Bijou Phillips, Ashlee Simpson, Twiggy, Usher, Tim Smith :) and Vin Diesel, was NOT hacked by a Technology hacker. It was broken into by someone due to an insecure password -- The name of her dog. HELLO, anyone home? This further substantiates the use of a "passphrase or acronym" rather than a pass-word and to implement complexity (e.g. use @ for an a, \$ as an S, 3 for an E; you get it?).

Super Stars...

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Lt.j.g. Frederick Matheu, Volunteer Coordinator, and Capt. Robert Engelhart, Commanding Officer, accepts the American Red Cross Good Neighbor Award for the Robert E. Bush Naval Hospital.



John and Ruby Bowley, Volunteers, receive the President's Volunteer Service Award.

Grubstake Days Community Fair

MAY 27 & 28 at the Yucca Valley Community Center

Events will start right after the Grubstake Days Parade! Bring the family and join us for some old fashioned fun...

Saturday will be full of fun races, games, food, music and more - Sunday will start with Cowboy Church followed by lots of fun western events, dancing, music and more games! Don't miss it!!

Horse shoes
Tug-O-War * Spin Art
Bake Sales * Hot Dogs
Bar-B-Q * Sodas
Face Painting
Celebrity Dunk Tank
Battle of the Bands
3-legged races
...are just a few of the events planned. More details coming soon!

Sponsored by The Hi-Desert Publishing Co., Z107.7 Radio, the Town of Yucca Valley & The Basin Wide Foundation
Non-Profit Agencies or Vendors wishing to get involved...call
Cindy @ 365-3315 - To join the Battle of the Bands...call Gary @ 366-8471
BE PREPARED...FUN IS COMING!